

# Possible causes of vertigo and lightheadedness

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The paper "Possible Causes of Vertigo and Lightheadedness" is a good example of an essay on health sciences and medicine. Both vertigo and lightheadedness are mainly characterized by the feeling of passing out or fainting and this is often manifested by the loss of balance resulting in spinning, whirling and in extreme cases falling (Edlow & Newman-Toker 2016). Edlow & Newman-Toker (2016) notes that these conditions are mainly symptoms and not necessarily a disease. In further categorizing these symptoms, Edlow & Newman-Toker (2016) appreciates that while lightheadedness is mainly characterized by the feeling as if one is about to faint, vertigo is a relatively severe case of lightheadedness that is characterized by the feeling that one's surrounding is moving when there is no actual movement. Commonly, some of the cases of vertigo and lightheadedness include migraine, medications, and alcohol (Dworkin-Valenti et al. 2016). In some case, damaging the inner part of the ear that controls body balance may result in cases of lightheadedness that may progress to vertigo resulting in loss of balance and eventually falling. Finally, Edlow & Newman-Toker (2016) recognizes the possibility of lightheadedness that is caused by low blood pressure, or partial loss of enough supply of oxygen in the head. In addressing episodic cases of lightheadedness, the treatment plan involves the assessment of the possible cause followed by defined intervention plans. Some of the techniques commonly employed in lightheadedness involve defining head position maneuvers that are proven to resolve benign paroxysmal positional vertigo. Dworkin-Valenti et al. (2016) outline that in severe cases of lightheadedness or vertigo, both balance therapy and psychotherapy have been proven to partially address dizziness. In defining the plan of care, a referral is necessary in case there is

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a persisting case of loss of balance beyond the initial interventions. Equally, in case the loss of balance is associated with severe damaging of the inner ear, a referral might be necessary for corrective surgery. Dworkin-Valenti et al. (2016) appreciate that lightheadedness could be a manifestation of a more severe condition and should never be addressed in a manner of suppressing the symptoms but rather a comprehensive assessment of the possible underlying cause.